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Gasegase fatu ma alatoto

SAMOAN

CARDIOVASCULAR DISEASE

REACH 2010

hapa

HEALTH ACCESS FOR PACIFIC ASIAN SENIORS

SSG

O le ma'i fatu o le gasegase lea ua tele ai tama ma tina o lanu ma atunu'u eseese ua maliliu. O gasegase o le fatu ma le toto e aofia ai le tele o fa'afitauli o le fatu ma ala toto o lo'o avatuina le okesene i le faiai ma le fatu. O mea nei e tolu ua molimauina e auala mai ai gasegase o le fatu ma ala toto, e iai le ulaula tapa'a, le lelei o mea e tausami ai, ma le leai o se fa'amalosi tino e faia.

Mafua'aga ua Masalomia e ala mai ai Gasegase o le Fatu ma ala Toto

- Toto maualuga ma le maualuga o le ga'o(Cholesterol) i totonu o le toto
- Ma'i Suka
- Ulaula Tapa'a
- O le 60 tausaga o le soifuaga po'o le sili atu fo'i
- Tala'aga o ma'i o le fatu i totonu o lou aiga
- Leai o se fa'amalosi tino ma le lelei o mea e tausami ai
- Tele pe ova pauna/Puta
- Tele mea e fa'apopoleina ai le loto ma le mafaufau

Fa'ailoga o Gasegase o le Fatu

- Toto maualuga ma le maualuga o le ga'o (cholesterol) i totonu o le toto
- E le tutusa le tata o le fatu
- Pu'upu'u ma faigata ona manava
- Vaivai le tino ma niniva le ulu
- Tiga ese le fatafata, ma fa'alogona ese o le itu tino i luga
- Fulafula oga vae ma vae
- Fa'afaufau pe afugia

O Fa'ailoga nei e ono tupu i se Ma'i Fatu Oso (Heart Attack)

- Fa'alogoina le fufusi, mamafa ma le tiga o le fatafata e le te'a
- Tiga o le tau'au agavale ma fa'asolo atu i lalo o le oga lima
- Pe pe/gase le lima tauagavale
- Faigata ona manava
- Toto 'a'ava e le alu ese
- Tata vale le fatu
- Fa'afaufau ma tafe le afu malulu
- Tiga le ua ma le tuaua

Itu-Tino Pe (Stroke)

- E mafua ona pe se itu o le tino (stroke) pea pa pe poloka le alu atu o le toto i le faiai (po'o se 'alu'alutoto po'o se piliki i totonu o le faiai)
- O fa'ailoga nei o se itu-tino pe (stroke) tupu fa'afuase'i
  - Pe po'o le vaivai o foliga, oga lima po'o le oga vae ae maise lava i le itu e tasi o le tino
  - Fenumia'i le mafaufau, fa'aletonu le tautala ma leai se malamalama
  - Fa'aletonu le va'ai i le mata e tasi po'o mata uma e lua
  - Fa'aletonu le savali, niniva, le paleni le savali po'o le fuafua
  - Tiga matuia o le ulu ae leiloa sona mafua'aga

Toto Maualuga

- E maualuga le toto pe a malosi tele lona alu i totonu o ala toto
- O le malosi o le toto e tatau ona iai o le 120 o vae 80 (E tatau ona vaai lau foma'i pe a maualuga pe maualalo ifo fo'i mai numera ia)
- O le toto maualuga e mafai ona mafua ai le ma'i fatu, stroke (pe le tino), afaina o fatu ma'a, fa'aleagaina o mata ma isi gasegase o le fatu

Maualuga o le ga'o i totonu o le toto

- Maualuga o le ga'o i totonu o le toto e mafua mai pe a tele pe ova atu fo'i le ga'o i totonu o ala toto
- Afai e 200mg/dl pe sili atu fo'i le ga'o i totonu o lou toto, o le a avea lea ma se tasi o auala e ono maua ai oe i ma'i o le fatu
- E lua ituaiga ga'o i totonu o le toto. O le ga'o lelei e fa'aitiitia ai le maua o oe i ma'i o le fatu, ma le ga'o leaga e fa'ateleina ai le maua o oe i ma'i o le fatu (fa'amolemole e fa'afesiligia lau foma'i i ni auala e fesoasoani ai e fa'aalu ai i luga le ga'o lelei o le toto ma fa'aalu ai i lalo le ga'o leaga)

O le se mea e Tatau ona e Faia e Fa'aitiitia ai le Mauaina o oe i ma'i o le Fatu ma ala Toto?

- Talanoa i lau foma'i i le tala'aga o lou soifua maloloina. Fesiligia i lau foma'i e fai ni au su'ega o le tino
- Fa'agata le taumafa tapa'a
- Tausami mea ai lelei mo le tino, ia aofia ai le lima po'o le sili atu fo'i o fuala'au aina sua malie ma lau la'au aina i le aso
- Fai au fa'amalosi tino (pei o le savali mo le 30 minute i le lima po'o le sili atu fo'i o aso i le vaiaso)
- Fa'aitiitia mea e fa'apopoleina ai lou mafaufau ma le loto
- Pulea lou toto maualuga
- Pulea le ga'o i le toto (Cholesterol)/ Pulea ou pauna
- Fesili i lau foma'i mo se lisi o mea tausami e fesoasoani e fa'aitiitia ai le maua o oe i ma'i o le fatu

Afai o loo e fa'aaogaina le tautua mo tagata lautele mo le soifua maloloina, fa'amolomole fa'afesili mo se fa'amatalaupu pe a fai e le atoatoa lelei lau fa'a peretania.

Mo nisi faamatalaga faafesootai (310) 952-1115

Cardiovascular Disease (CVD) is the major cause of death for both men and women among all racial and ethnic groups. CVD includes a number of problems with heart, arteries, and veins that supply oxygen to the brain and heart. CVD may lead to many heart problems, including heart disease, stroke, and heart attack. The three most common behaviors that cause CVD are smoking, poor diet, and inactive lifestyle.

The Risk Factors of Cardiovascular Disease

- High Blood Pressure & Cholesterol
- Diabetes
- Smoking
- Age 60 and over are at a higher risk
- Family History of Heart Disease
- Physical Inactivity & Poor Diet
- Overweight/Obesity
- Too much stress

Signs of Heart Disease

- High Blood Pressure & Cholesterol
- Irregular heart beats
- Shortness of breath & difficulty breathing
- Fatigue or dizziness
- Unusual chest pains, discomfort in other areas of upper body
- Swelling in the legs and feet
- Nausea or sweating

These are Signs of Heart Attack that Can Occur

- Tightness, pressure, and pain of chest that doesn't go away
- Pain in the left shoulder that goes down to the arm
- Numbness in left arm
- Difficulty breathing
- Unresolved heartburn
- Heart pounding, beating fast
- Nausea, cold sweats
- Neck pain (pain in the back of the neck)

Stroke

- Stroke occurs when there is a break or blockage of your blood flow to the brain (or blood clot or bleeding in your brain)
- These are signs of stroke which can occur suddenly:
    - Numbness or weakness in the face, arm or leg, especially on one side of the body
    - Confusion, trouble speaking, or understanding
    - Trouble seeing in one or both eyes
    - Trouble walking, dizziness, loss of balance or coordination
    - Severe headache with unknown cause

High Blood Pressure

- High blood pressure is when the pressure of blood against the artery wall is too strong
- Normal blood pressure is 120 over 80 (You should see your Doctor if your pressure is higher or lower than normal)
- High Blood Pressure can lead to heart attack, stroke, kidney failure, damage to the eyes and heart disease

High Blood Cholesterol

- High Blood Cholesterol is when you have too much fat (waxy, fat-like substance) in your veins
- A cholesterol level of 200 mg/dL or higher put you at risk of heart disease
- There are two types of cholesterol. The good cholesterol decreases your risk of heart disease and the bad cholesterol increases your risk of heart disease (please ask your doctor about ways to increase good and lower bad cholesterol)

What Should You Do To Decrease the Risk of Developing Cardiovascular Disease?

- Talk to your doctor or health care provider about your family medical history.
  Ask your doctor to perform regular physical exam
- Stop smoking
- Eat a balanced, healthy diet to include five or more servings of fruits and vegetables per day
- Exercise regularly (such as walking at least 30 minutes on five or more days of the week)
- Reduce stress
- Control high blood pressure
- Control Cholesterol
- Weight management
- Ask a doctor or health provider for a list of recommended food to reduce your risk of heart disease

*** If you use public health services, ask for an interpreter
if you cannot speak English well ***

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